



A Publication of
Solano Park, UC
Davis

THE PARK MESSENGER

February 2016

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Solano Park Office Hours:

Monday—Friday
9:00am—12:00pm
1:00pm—4:00pm

Special points of interest:

- February 15 is a University Holiday. All campus offices will be closed.

Lunar New Year

Submitted by **Danielle Seibel, Resident Assistant**

Did you know 2016 is the year of the Monkey on the Chinese Lunar Calendar? So with the Lunar New Year right around the corner, starting on February 8, I wanted to find out how this holiday is celebrated today in the US. Known also as Chinese New Year, this holiday is celebrated not just by the Chinese but by Korea, Vietnam several other different countries. I interviewed a few people here in Solano Park to find out what the new year means to them and how they choose to celebrate. Below is a summary of the typical responses I received.



Lunar New Year is an official holiday and the biggest celebration and often the longest vacation period (14 days) taken during the year. Celebrated in similar ways to the Western Christmas holiday and the New Year's celebrated on January 1st, the Lunar New Year is also a time to visit family and hand out red envelopes with 'Lucky Money' from the older family members to the younger, unmarried, school-aged children in the family. Having large family get-togethers, staying up late, watching popular new year's TV shows, and lighting fireworks are also traditions observed on the eve of the Lunar New Year. Traditions such as visiting extended relatives and cleaning the house for the new year are common practices as well. Popular decorations for one's house during the new year period are festive red scrolls on each side of the door to welcome happiness as well as the years' animal decorations around the house. When asked about a personal favorite tradition, visiting family and lucky money were at the top of the list. Lastly, what are some of the goals for this new year ahead? I received overwhelmingly similar responses hoping for a healthy and happy family most importantly, followed by passing classes at school and being successful at work. So it seems traditional values and basic customs haven't changed too much but are more modernized and milder comparison to the older generations.

We invite you to join us as we celebrate and honor this family holiday at a Lunar New Year potluck on Saturday, February 13 at 5:30pm at the Solano Park Community Center. Please help spread the word and come meet and make new friends with your neighbors while we enjoy some food! See you there.

Seeking Participants - Individual Metabolism and Physiology Signature (iMAPS) Study

Submitted by Lucas Welch

The USDA, ARS Western Human Nutrition Research Center seeks overweight women, ages 20 to 65 to participate in a research study examining the metabolic and physiological signatures of people consuming different diets.

Participants must be tobacco free, not pregnant or planning to become pregnant, and not taking meds for blood sugar, cholesterol, blood pressure, or weight loss. The study will be conducted over a 12-week period.

Benefits include prepared meals at no cost during the study and financial compensation. For more information, call 530-752-5177 and press 2 or contact Lucas Welch at 530-754-5248.

More information can also be found at our StudyPages website:

<https://studypages.com/en/s/individual-metabolism-and-physiology-signature-study-imaps-304136/>

Register to Vote

Submitted by Corey Coates

Happy New Year Everyone! This year is especially important because it's a presidential election year. I graduated from UC Davis with a degree in political science, so I have to at least write one article about politics while I am at Solano. I don't want to talk about my political views or about who I think is the best candidate, I wanted to make sure everyone has the ability to express their own opinions.



This starts with registering to vote. The process to register is really simple and only takes a few minutes online. To register just go to the registertovote.ca.gov website. Additionally you can register at the DMV or the post office. Are you already registered to vote? You can check your registration status by going to www.sos.ca.gov/elections/registration-status/ website.

Politics is usually a sensitive topic of discussion for people but it's a discussion we need to have. It effects our everyday lives and the direction of the country, and the world, for our children. In fact, far too many people in this world do not even have an option to vote and therefore have little influence in the government that shapes their everyday lives. Let's take advantage of our representation in government – at the presidential and congressional levels!

Discussions with others allow you to hear how other people feel about the current system or the changes they would like to see. The first step in being part of the political process begins with registering to vote. I strongly encourage everyone who can to go register themselves. Voting is a privilege and duty of which I think all citizens should take advantage.

If you are interested in a having a conversation about candidates during this presidential cycle, or the midterm elections for members of congress, then I would love to get together and chat with you. You can contact me at cncoates@ucdavis.edu.

Recipe For a Lifelong Love on St. Valentine Day

Submitted by Nina Zamuruyev

A vacation trip for a student family is usually an extraordinary treat but this year our vacation trip to San Diego was an even more deep experience than just a relaxing family time. The hosts of the house that we rented were an 80 year old couple deeply in love with each other. She has an instantaneous memory loss and can lose the topic of conversation, but he does not let her down, he picks it up and covers her quickly. We had a four hour long tea party speaking about life values, how they managed raise kids, take care of sick parents, and save their loving relationships among all the life difficulties that they were through. They are the kind of couple that their actions talk more than words.

Speaking of love on St. Valentine Day, can we think of what a true love is? Most people know love as instantaneous feeling, affection, or attraction to each other but how to save this kind of attitude in years of life. As any other process of life, love has its do's and don'ts; some of our actions encourage this feeling and make it stronger while others diminish this feeling. So, is there recipe of love that can help you carry this most precious feeling through all years of life?

Let's start with easy things, things that we do not have to do to keep loving relationships. No matter what success your loved one has among people or in business carrier, love is never jealous. No matter how much more success you have attained due to your hard work or luck; love never gets proud, it never boasts before someone you love and want to feel good. And when sometimes even our loved ones do wrong things that hurt us deeply; true love does not let us be rude and keep long records of wrong things.

A relationship of love is filled with patience to each other, kindness and respect in all situations. True love always protects, hopes, and never fails. Happy Valentine's Day!



Holidays and Anniversaries

February 2—Groundhog Day [USA]

Old belief that if the sun shines on Candlemas Day, or if the groundhog sees his shadow when he emerges on this day, six weeks of winter will ensue.

February 4—Birth of Rosa Lee Parks [USA]

U.S. civil right leader who initiated a bus boycott in Montgomery, Alabama, when she refused to relinquish her seat a white man.

February 12—Birth of Abraham Lincoln [1809]

Abraham Lincoln was the sixteenth president of the United States. Once regarded as the "Great Emancipator" for his forward strides in freeing the slaves, he was criticized a century later when the Civil Rights movement gained momentum for his caution in moving toward equal rights. If he is judged in the historical context, however, it can be

seen that he was far in advance of most liberal opinion. He was assassinated on 15 April 1865.

February 15—Susan B. Anthony [USA]

Susan Brownell Anthony (1820-1906) was an American reformer and women's rights advocate. For more than fifty years she made major contributions in the face of continuous opposition to the struggle for equality of women. Some of her struggles include the temperance movement beginning in 1852, women's rights regarding children and property, and women's suffrage by an amendment to the constitution; the nineteenth amendment, also referred to as the "Anthony Amendment", was ratified in 1920, fourteen years after her death.

February 21—Assassination of Malcolm X [USA]

Born Malcolm Little, this American Black nationalist leader was assassinated in New York city as he addressed the Afro-American Unity Organization (1965).

February 25—Freedom Day or People Power Day [Philippines]

Ferdinand Marcos is peacefully overthrown by the "People's Power" movement led by Corazon Aquino in 1986.

February 28—Kalevala Day [Finland]

The Kalevala is Finland's national epic and is observed throughout the country with lectures, parades and recitations to honor Elias Lonnrot, a country doctor, folklorist and philologist who compiled the Kalevala in 1835. The Kalevala has greatly influenced the development of modern Finnish literature.

Monthly Maintenance Tips

By Solano Park Maintenance

Apartment Heating Issues:

- If you have problems with your heater after hours (after 4pm or on weekends or holidays), please contact an RA for assistance. They will come to your apartment and re-light your heater or get you a portable heater to use until repairs can be made.
- Also, please make sure that you have nothing stored on top of your heater as this is a fire hazard.
- Try to keep toys and other items from going under the heater.

Community Programs

BOOK CLUB

Come join us the first Monday of every month for our book club meeting. I will be getting the books from the public library, so no one has to buy the book. Most meetings will be discussions of the book but this first meeting will be mainly a getting to know one another and handing out the first book. Adults only please. For more information, contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.



When: Monday, February 1 at 8pm
Where: Solano Park Community Center

TODDLER TUESDAY



Every Tuesday come and play with other toddlers at the Solano Park Community Center! We have a variety of toys, but you are welcome to bring your child's favorite toy with you. We have had a great showing of people so far and we hope you will join us. All children must be accompanied by a caregiver. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Tuesdays, February 2, 9, 16, 23 at 10am
Where: Solano Park Community Center

MAKE A VALENTINE CARD

Everyone is welcome to come and make homemade cards for friends and family for this Valentine's Day. We will be using help of this awesome "Cricut" machine that we have in Solano Park. For questions please feel free to email Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamuruyev@ucdavis.edu.



When: Thursday, February 4 at 4:30pm
Where: Solano Park Community Center

SUPER BOWL POTLUCK

Come watch the big game at the Solano Park



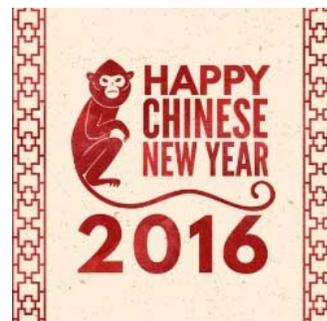
Community Center! Bring some food and enjoy the last football game of the season with fellow community members. For more information contact Corey Coates, RA for Solano Park, by email at cncoates@ucdavis.edu.

When: Sunday, February 7 at 3:30pm
Where: Solano Park Community Center

LUNAR NEW YEAR POTLUCK

Did you know it's the Year of the Monkey? Come celebrate in honor of the Chinese Lunar New Year with a Pot Luck! Please bring a dish to share with neighbors and come visit with your community and meet new friends in the spirit of spring time. Please spread the word to your neighbors and if anybody is interested in decorating or have suggestions, questions, or ideas to contribute to the event. Contact Danielle Seibel RA for Solano Park by email at dseibel@ucdavis.edu

When: Saturday, February 13 at 6pm
Where: Solano Park Community Center



Community Programs

FRIENDSHIP BRACELETS

Have you ever seen those cool and colorful friendship bracelets? Would you like to make some for your friends and family? This month we are going to make some fun and colorful friendship bracelets together. For more information, please contact Nina Zamuruyev, RA for Solano Park by phone 916-508-7481, or e-mail nzamoruyev@ucdavis.edu.



When: Tuesday, February 16 at 4:30pm
Where: Solano Park Community Center

CRAFT HOUR

Learn how to make a Chinese paper lantern which is a common decoration to celebrate Lunar New Year. Kids under 5 must come with an adult. For more details, please contact Nina Zamuruyev, RA at Solano Park by

phone 916-508-7481, or e-mail nzamoruyev@ucdavis.edu.



When: Thursday, February 18 at 4:30pm
Where: Solano Park Community Center

MUG MADNESS MONDAY



NOT JUST FOR KIDS!!! All ages are welcome to come create a custom gift for your favorite Coffee or Tea drinker and meet your neighbors! We will provide the mug and markers but you are welcome to bring any of your own. For more information contact Danielle Seibel RA for Solano Park

by email at dseibel@ucdavis.edu

When: Monday, February 22 at 4pm
Where: Solano Park Community Center

HOW TO MAKE ITALIAN PIZZA (FOR ADULTS)

Come learn how to make a pizza dough from our resident Pizza Master Vincenzo Petrosillo. Bring a plate and cup to save waste. Ages 21 and over please, bring your own drinks and please drink responsibly. For more information please contact Danielle Seibel RA for Solano Park by email at dseibel@ucdavis.edu



When: Saturday, February 27 at 6pm
Where: Solano Park Community Center



Calendar of Events

February 2016

All residents are welcome to attend all programs. All events held in the Community Center unless otherwise noted.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <u>Book Club</u> SPCC @ 8pm	2 <u>Toddler Tuesday</u> SPCC @ 10am	3	4 <u>Make A Valentine Card</u> SPCC @ 4:30pm	5	6
7 <u>Super Bowl Potluck</u> SPCC @ 3:30pm	8	9 <u>Toddler Tuesday</u> SPCC @ 10am	10	11	12	13 <u>Lunar New Year Potluck</u> SPCC @ 6pm
14	15 HOLIDAY SOLANO PARK OFFICE CLOSED	16 <u>Toddler Tuesday</u> SPCC @ 10am <u>Friendship Bracelets</u> SPCC @ 4:30pm	17	18 <u>Craft Hour</u> SPCC @ 4:30pm	19	20
21	22 <u>Mug Madness Monday</u> SPCC @ 4pm	23 <u>Toddler Tuesday</u> SPCC @ 10am	24	25	26	27 <u>How To Make Italian Pizza (For Adults)</u> SPCC @ 6pm
28	29					



The Park at UC Davis

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A Publication of Solano Park, UC Davis

Your doorway to campus life & academic achievement

We're on the Web!

http://www.housing.ucdavis.edu/housing/apartments_orchard_solano.asp

The **Park Messenger** is published by Student Housing, at the University of California, Davis. Our goal is to communicate with Park residents, campus departments and the community of Davis. We encourage reader suggestions, criticisms and articles. Let us hear from you.

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The Park Messenger online:

http://www.housing.ucdavis.edu/current/park_messenger.asp

Did you know?

Eligibility Requirements: Student Housing requires all students to meet our eligibility requirements to continue living in Solano Park Apartments. Students must have full-time registered status during fall, winter and spring quarters/semesters. Full-time status is defined at 12 units for quarter students and 10 units for semester students. Students who do not meet the requirement are required to register for additional classes or submit a notice to move out. Please be aware of these requirements when you register for winter and spring quarters in the coming months. Please contact Student Housing at 530-752-2033 or the Solano Park Office at 530-752-3958 if you have any questions.

Large Item Dumping: Unwanted personal items such as couches,

dressers, desks, and other furnishings left behind detract from the visual appearance of our complexes. In addition, our dumpster areas that have unwanted items, often blocks access for trash pick-up. Student Housing then has to pay for staff time, dump fees, and gas to remove these unwanted items. As a result, if any personal items are left at the dumpsters upon vacate, you will be billed for the full cost of removal/dumping.

Laundry Card: If you lose your laundry card, you need to purchase a new card at the ADD VALUE STATION in the laundry room in bldg. 4400. If the machine is not working properly, please call the 1-800 number for service.

Cable TV: Cable is provided via

closed circuit therefore, other cable services cannot be added or requested in Solano Park.

DSL: DSL does not function in Solano Park. A free T1 connection is provided to all leaseholders in Solano Park.

Mailboxes: Mailboxes are to be used only to receive mail for the tenant and other occupants listed on the current lease agreement.

Safety Escort Service: Need assistance while walking home at night? Call 752-1727 if you would like a safety escort while walking alone on campus at night. A Cal Aggie Host will meet you and escort you to your destination on campus.

We want our complex to remain a safe place to live. Report any suspicious activity to Campus Police.